



Miles for Wellness

Challenge 9:

National Parks: Let's Take a Hike!

Team Instructions

Please read the following instructions carefully.
For additional information or questions, please contact
Katherine.hilliard@nc.gov

PURPOSE

The purpose of "Miles for Wellness", a Move More Team Competition sponsored by the Safety, Health, Workers' Compensation & Wellness Division of the NC Office of State Human Resources, is to encourage and support employees to increase their level of physical activity above their current baseline of steps per day, with the goal of 10,000 steps, or the equivalent of 5 miles, achieved most days of the week. Each themed challenge provides participants a *virtual* trail to walk. The theme for this challenge is a hike through our National Parks! (See WeSave.com for additional information on the virtual trail)

TEAMS

Each agency/university/school system wellness leader or their designee is asked to provide assistance in coordinating the formation of teams, with each team consisting of a maximum of 10 members (1 captain and 9 team members). There is no limit on the number of teams an agency/university can have. A team is allowed to have less than 10 members as well, although fewer than 10 members will reduce the chances of the team placing competitively in the competition.

Each team should pick a team name unique to their location, worksite, or job characteristics. Be creative.

BASIC EVENT RULES

- Captains should abide by the **Team Mix** (described below) when building teams and designating the division of the team. There are 3 **Walking Divisions**: super hare, hare, and tortoise (described below). Teams will only be competing among other teams within their own division.
- ***No substitutions or additions of participants after week two of the event start date. Should a team member drop out of the competition after Week Two, the remaining team members continue the team effort.***
- ***This is a pedometer based event, however conversions are allowed.*** Conversions for such activities as cycling, swimming, elliptical use, etc. are allowed and should be converted using the **Exercise Conversion Table** provided in the "[Miles for Wellness Challenge 9](#)" materials, and on the OSHR Wellness webpage.
- **If someone misses wearing their pedometer for a day they are asked to use a previous set of numbers that most closely represents the activities of that day.**
- **Participants are expected to notify their team captain weekly of their step totals.**
- Participants must sign the honor statement located on the Captain's Spreadsheet which states "I acknowledge that the steps that I am submitting are an accurate representation of my/our activity and mileage." Upon completion of the challenge. This hardcopy is to be kept by the team captain for verification until after the winners are announced.
- Documentation must be kept until the event is tallied and closed by the statewide wellness coordinator.

IMPORTANT DATES TO REMEMBER

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| ➤ Team Registration: | Monday, March 31, 2014 (Captains Spreadsheets Due) |
| ➤ Start Date of Competition: | Monday, March 31, 2014 |
| ➤ First submission of Steps: | Wednesday, April 16, 2014 |
| ➤ Second Submission of Steps: | Wednesday, May 7, 2014 |
| ➤ Final Day of Competition: | Sunday, May 25, 2014 |

- **Final Submission of Steps:** **Wednesday, May 28-June 4, 2014***
 - **Winners Announced:** **Wednesday, June 11, 2014**
- SPREADSHEET SUBMISSIONS should be sent to Katherine.hilliard@nc.gov**

* With Memorial Day occurring at the time of the close of competition, taking into consideration that it may be difficult to obtain steps from team members during this time, captains are encouraged to get in their spreadsheets in as close to May 28 as possible but they have until COB on June 4 to get that final spreadsheet submitted. Submissions after that time will not be eligible to win.

Please note: Only the use of National Parks: Let's Take a Hike! spreadsheets will be accepted from Captains. No computation is necessary on the spreadsheet! So relax, enjoy your walk, and record those steps!

All participants must keep a hardcopy log of their final step totals until after the winners are announced. If your team wins and you cannot produce your documentation to support your participation, the team will be disqualified. The team captain may maintain this documentation.

WALKING DIVISIONS

Captains should select a division for the team based upon the following:**

Tortoise: *Office/seated-based job duties* with a typical activity level that ranges from mostly sitting to 30 to 60 minutes of moderate daily activity such as brisk walking or 2,000 to 8,000 steps per day. This equals a total of 1 to 4 miles on average for daily work, recreational activity, and other activities of daily living.

Hare: *Standing/walking-based job duties* with a typical activity level of 8,000 to 10,000+ steps. This equals 4 to 5+ total miles on average for daily work, recreational activity, and other activities of daily living.

Super Hare: *Runs on a regular basis/walks or runs over 12,000 steps* with a typical activity level of 12,000 or more steps. This equals a total of 6+ miles per day on average for daily work, recreational activity, and activities of daily living.

**** Please note:** *Event organizers reserve the right to reclassify any team division based on past, current or final performance, during or upon completion of the competition.*

TEAM MIX

Team divisions are based on **7 or more members being in the same category. However, the inclusion of 2 Super Hares will move the team status to the next category.** For example, a Tortoise team with 2 Super Hares will be classified as a Hare Team.

Other Examples:

- 10 Tortoises is a Tortoise team.
- 8 Tortoises and any mix other than 2 Super Hares is a Tortoise team.
- 7 Tortoises, 2 Super Hares, and 1 Hare is a Hare team.
- 7 Tortoises and 3 Hares is a Tortoise team.
- 7 Hares, 1 Tortoise, and 2 Super Hares is a Super Hare team.
- 7 Super Hares, 2 Tortoises, and 1 Hare is a Super Hare team.
- 5 Tortoises, 3 Hares, and 2 Super Hares is a Hare Team.
- 5 Hares, 4 Tortoises, and 1 Super Hare is a Hare Team.

PEDOMETERS

Participants should use their own pedometers, if possible. Target, Wal-Mart, K-Mart and other such locations have pedometers reasonably priced. This program is not prepared to provide pedometers to participants. The NC Office of State Human Resources has limited pedometer resources for use for those who cannot cover the cost of a pedometer. Please contact the statewide wellness coordinator for these extreme circumstances.

REMEMBER:

No matter your speed – just do it! Your body will thank you for taking the time to be active!

Log onto WeSave.com and click on [Miles for Wellness](#) to the right of the [NC Healthy Living-Healthy Life logo](#) to see the points of interest along the way including the Petrified Forest, the "hoodoo-iferous" terrain of Bryce Canyon, and the majesty of Rocky Mountain National Park.

WeSave steps up for the health and wellness of North Carolina State Employees with great deals from such merchants as Danskin, Nike, Reebok, GNC, Bowflex, and more!

Help us help you!

Everywhere you shop, ask them if they honor the WeSave State Employee Discount Program. If they do – great! If not, tell them they can join for free at WeSave.com.

